**Companion Class**

**Challenge Sunday (11.00 – 12.00) 25/10/2020**

Prayer

Program

**Theme: The race of my life!**

**Bible Experience/ Physical Fitness and Health**

**Resource requirements: Bible, pen, pencil, ruler, eraser, paper or pad.**

**The objective of this session is to enable each Companion who participates, in this program and by the end of this session they have understood 1 Corinthians 9:24 -27 along with completing the set tasks.**

* **Part 1 – Understand The** Power text
* **Part 2 –** Answer 5 questions
* **Part 3 -** Group discussion on smoking
* **Part 4** – Answer 10 questions
* **Part 5 - Create a personal exercise and spiritual chart**

**Ice breaker**: No e-Swords up - find the following text, the first Companion who finds the text, is the one who starts reading. Text to be shared before bibles is opened, four rounds.

1. 1 Corinthians 6:19-20 – b) 1 Kings19:20 c) 2 Timothy 4:7 d) Jeremiah 12:5

**Five minutes exercise:**

**1 minute – Jogging on the spot**

**1 minute - Stretching (Reach up 30 seconds and touch your toes 30 seconds)**

**1 minute – Squats**

**1 minute – Knee Raises**

**1 minute – Star Jumps**

**Part 1 - Pre Camp Reading 1 Corinthians 9:24-27 ICB**

24) You know that in a race all the runners run. But only one gets the prize. So run like that. Run to win!

25) All those who compete in the games use strict training. They do this so that they can win a crown. That crown is an earthly [corruptible] thing that lasts only a short time. But our Crown will continue forever [incorruptible].

26) So I do not run without a goal. I fight like a boxer who is hitting something – not just the air.

27) It is my own body that I hit, I make it my slave. I do this so that I myself will not be rejected after I have preached to others. Own version ok!

**Part 2 - The race for life!**

Questions:

1. What is the race we Pathfinders are running according to this text?

Answer:

1. Does this race have only one winner?

Answer:

1. Are we all running for one prize and if so what is this prize?

Answer:

 4. In the two races described in this text,

a) Which crown is corruptible? Answer:

 b) Which Crown is incorruptible? Answer:

1. Is there a difference(s) between the two races? {List the differences.} You have an option to state that you see no differences.

List A

List B

Part 3 - What is Physical fitness?

Why do our bodies need regular exercise?

* **Exercising** regularly lowers a person's risk of developing some diseases including obesity, type 2 diabetes, and high blood pressure.
* **Exercise** **can** help keep your body at a **healthy** weight.
* **Exercise can** help a person age well.
* **All the above.**

Are there any positives of Smoking? (Yes / No / Do not know?)

What can result from someone smoking?

* + - 1. Tobacco is the only product sold legally that will kill half of all the people who use it – even though they’re using it just as the manufacturer recommends.
			2. People who smoke long term have a 50% chance of dying from a smoking-related disease.
			3. Smoking one cigarette can take 11 minutes off your life– that’s 14 days gone from smoking only 5 cigarettes a day over 1 year!
			4. For every person that dies from smoking, there are 20 other smokers who suffer from a smoking-related illness.
			5. Smoking can reduce the chances of having a baby later in life. For boys, this means having fewer sperm and problems having sex. For girls, it can mean trouble with becoming pregnant and dangers to the baby.
			6. There is no healthy way to smoke tobacco. Long-term risks include cancer, heart disease and lung disease, and smoking just a few cigarettes can drain someone’s energy, reduce their fitness and concentration, and give them yellow teeth and bad breath.

Task: Write an individual Pledge to abstain from the use of tobacco.

* Who is your pledge to
* Your commitment
* Your intention
* In whose Name

**Part 4 Train your faith.**

1. What happens when you only exercise one arm and not the rest of your body?

When you exercise only one arm it alone gets stronger, the rest of my body starts to get weak and unused muscles waste away as I eat body stores what it cannot use as fat and my body become corrupted.

1. Is only exercising one arm the same as only exercise one aspect of our faith?

Exercising one part of my body is the same as exercising one part of my faith, if I do not nurture my faith it cannot grow to be strong, health and with my faith exercise, my character is forms as does my trust and obedience to God ‘the author and finisher of my faith’.

1. As a Christian how do we exercise our faith?

We exercise our faith with prayer, bible study, worship and seeking a relationship through trusting in Jesus, also serving others.

1. What are the resources we use to build our faith?

Mission outreach, evangelism, serving others, trust in Jesus etc... and what we said in 3.

1. Read Hebrews 12:2, what does this verse tell us about our faith?

Jesus is the author and finisher of our faith and He died for us on the cross.

1. What would be your main diet as a Christian?

Serving God, others and sharing the Gospel

Bible study

Prayer

Worship and praise of the living God

1. How do we avoid injuries from sin?

Obedience to God

Trust in Jesus

Fellowship with fellow believers

Prayer

Bible study

1. What does the Sabbath provide us with?

Time in communion with God and fellow believers

Worship/Thanks giving

Prayer

Rest from daily work and indulging pleasures, a Spiritual time for reflection

1. What should we not use the Sabbath for?

Sleeping after a busy week

A time for worldly entertainment

A time to catch up on chores or vices

1. What is the prize in the second race?

A crown, a heavenly prize one of life eternal with God the Father

**Part 5 Preparation and training**

Make a list of the type of activities and tools Christians and Pathfinders use when they are involved in preparing and training for physical and spiritual health. Included in a physical program a list activities you can do and in the spiritual list noting what you are involve in or want to develop and improve.

COUNCELLOR DERICK

|  |  |  |  |
| --- | --- | --- | --- |
| **Physical** | **I do this activity?** | **Spiritual** | **I do this activity?** |
| Exercise plan | I attend a Gym - Mon (Stretching)/Tue (Abs)/ Wed (Abs) 30mins class | Prayer life –  | I pray when I wake, go to bed and intermittently throughout the day every day. |
| Running/walking | I walk to work ½ mile to and again from and at work. 3 day’s Do not run often. | Worship | I participate in some form of Wednesday, Friday and Sabbath Prayer, Praise and Worship + irregular Personal worship |
| Football/Netball | No | Baptism | Yes (2006) |
| Swimming/Badminton | I enjoy swimming and badminton but cannot access currently due to lockdown.. | Bible/ study | As I prepare for children’s Sabbath school lesson I study Primary/PowerPoint lessons alongside the bible. No regular personal bible study. |
| Stretching/Cardio- Aerobic/Strength/Balance | Need a plan | Faith – Jesus | Yes/ Ongoing |
| Warm up | Yes | Mission/ Evangelism | Not structured or regular I want to do more. |
| Sit up/ Press ups | Yes | Holy Spirit  | Want to receive an out pouring daily. |
| Healthy/ Diet | Sometimes I eat healthy. Vegetarian (still eat eggs and cheese) | Sharing my faith with others. | Yes/ Accidental but want it to be deliberate. |
| Rest and Sleep | Work nights so irregular sleep patterns and eating habit. Need to improve both. 3 - 7 hour’s sleep and rest a day, average 38 hours a week (require 54) | Serving your Community | Yes – mainly church but could do more in Peterborough. |

**TO BE COMPLETED BY THE COMPANIONS:**

|  |  |  |  |
| --- | --- | --- | --- |
| **Physical** | **I do this activity?** | **Spiritual** | **I do this activity?** |
| **Exercise** |  | **Prayer –**  |  |
| **Running/ Walking/Cycling** |  | **Worship -** |  |
| **Football/Netball/Other** |  | **Baptism** |  |
| **Swimming/Yoga/Tychy** |  | **Bible/ study or reading** |  |
| **Sit up/ Press ups** |  | **Faith** |  |
| **Stretching/Cardio- Aerobic/Strength/Balance** |  | **Mission/Evangelism** |  |
| **Warm up/Cool down** |  | **Holy Spirit** |  |
| **Healthy/ Diet** |  | **Sharing my faith with others.** |  |
| **Rest/ Sleep** |  | **Serving your Community** |  |

Counsellor/ Presenter: Derick Sergeant

Signed: Date: 25/10/20

I confirmed that Companion Named has evidence of attendance having participating in session and has memorised verses and can demonstrate I have understood it: Name:

Pathfinders signed:

Counsellor/ Club Director signed:

(as seen in folder)

**NEWSTART**

The NEWSTART Lifestyle Program is based on 8 simple points. As you will experience, each bears its part to giving complete health.

Uncle told a story of how trust can make you happy; consider what the other can do.

